

CHS CHECKUP



A publication by and for employees of the Kentucky Cabinet for Health Services

June 15, 2003

NEWS BRIEFS

DEFERRED COMP EXPO

There will be two deferred compensation investment expos next month.

The first will be on July 15 at the Civic Center in Frankfort; two sessions 9-11 a.m. or 2-4 p.m.

Another expo will be held July 16 at the Executive Inn East in Louisville; two sessions 9-11 a.m. or 2-4 p.m.

EMPLOYEE SUGGESTION

Gene Scott Swift, a charge nurse at the Kentucky Correctional Psychiatric Center, submitted a suggestion to paint a sidewalk with alternating yellow and black lines to draw attention to a slope in a length of sidewalk at the facility. The suggestion was implemented and approved by the Employee Suggestion System Council on May 9. Swift received an intangible award of \$100.00 for his suggestion regarding safety.



TIP OF THE WEEK

Swimming is one of the most popular activities in the country. However, transmission of diseases such as diarrhea can occur while swimming. The Centers for Disease Control and Prevention has web pages that provide information and guidelines to help you avoid getting an infectious disease or getting injured while swimming in swimming pools, waterparks, lakes, rivers, and the ocean. To learn more, go to: <http://www.cdc.gov/ncidod/dpd/highlight2/>

Employee Worksite Wellness

The Employee Worksite Wellness Committee is sponsoring several activities for this summer. The activities include a Summer Safety Fair, a kickball game, "Catch Me Being Physically Active" game and Yoga classes.

The Summer Safety Fair on June 30 will have information on various safety issues including food safety, water safety, car safety, sun safety, West Nile virus and injury prevention. The Transportation Cabinet will bring a car wreck simulator and we hope to have the Dermascan machine so people can see what kind of damage the sun does to their skin.

Also, the cafeteria will be cooking out that day to add to the festivities. The fair will take place on June 30 from noon-2 p.m. in the Human Resources Building. Committee members will be providing a passport to all participants to have stamped at each booth. The completed passport is your entry for a door prize.

The committee is sponsoring another kickball game that is to take place Tuesday, July 8th from 4:45-5:45 p.m. out in the grassy area behind the Human Resources Building (where the walking path is located). Contact Jennye Grider in Public Health if you would like to

play. All participants will receive rules. Employees should wear comfortable clothing and athletic shoes. This game is not competitive and you do not have to be

athletic to play. We will do some stretching before the game, which is meant to be fun and a way to get some physical activity.

Another fun activity is the "Catch Me Being Physically Active" game. The activity is planned to begin July and go through August. Em-

ployees are encouraged to submit pictures of themselves doing something physically active.

Activities do not necessarily have to be sports or exercise; activities may include gardening, dancing, mowing the lawn, etc. The committee asks that all pictures submitted are tasteful and truly promote being physically active. Pictures will be displayed on the bulletin board outside the Employee Health Nurse's office.

Employees should contact Lisa Arvin to participate. Lisa is on the global email system or you can call her at 564-2339.

In August, the committee plans to have Yoga classes. No dates have been set yet but the committee will provide employees with all of the information they need to participate.



"...promoting and safeguarding the health and wellness of all Kentuckians."

Stewart Recognized Nationally

Barbara Stewart, a long-time employee of the Division of Substance Abuse who retired last August, received a Lifetime Achievement Award from the National Prevention Network (NPN).

Mike Townsend, director of the division, accepted the award on Stewart's behalf at an awards luncheon on June 3 during the annual National Association of State Alcohol and Drug Abuse Directors in Washington, D.C.

"We are all very proud of Barb's contribution to the substance abuse prevention field at the state and national level," said Townsend.

Over the years, Stewart served as Kentucky's NPN president, chaired several workgroups, committees, and held other officer posts. During the awards ceremony she was lauded as a leader in prevention issues and for mentoring new leaders within the network. She successfully competed for Kentucky to receive one of the initial five state incentive grants for substance abuse prevention in the country, and in doing so helped pave the way for evidence-based prevention strategies and state-level collaborations.



Central State Hospital Awarded Accreditation After May Survey

Central State Hospital in Louisville has been awarded Accreditation with Full Standards Compliance as a result of its scheduled triennial survey conducted May 12-13. The accreditation is effective for three years from May 14, 2003 until May 14, 2006. CSH has "deemed status" under Kentucky statutory requirements, and its licensing status as a specialty hospital is determined by the JCAHO Joint Commission on Accreditation of Healthcare Organizations survey results as well.

As part of Central State Hospital's strategic direction to provide programs of recognized excellence and be "survey ready" continuously, CSH

used the JCAHO's Score 100 self-assessment process. The results were an overall score of 97. The score indicates how well the hospital measures up against an absolute standard that reflects the level of performance that every hospital would hope to meet.

The JCAHO accredits about 9000 hospitals nationwide. According to the Joint Commission's Department of Communications, "only 15% of hospitals surveyed by the Joint Commission receive a score of 97 or better." CSH is one of them. Achieving and sustaining excellent care requires hospital staff competency and dedication to the persons served.



Escalator Update

By Anya Armes Weber, CFC Communications

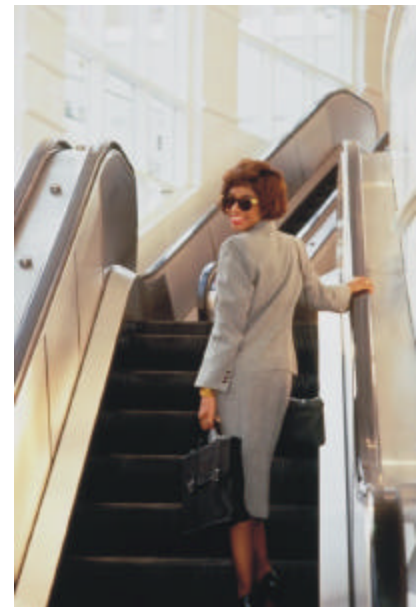
For staff coping with the building's broken escalators, the wait for their repair may soon be over.

Paul Weber, the new section supervisor for the CHR and nine other buildings, said machinists have told him the needed parts for the down escalator between the first floor and the basement and the up escalator between floors three and four should arrive and be installed this week.

That means all the escalators could be in working order very soon.

Schindler Elevator Corp. was awarded the building's escalator and elevator repair contract earlier this spring, Weber said.

The building's previous contractor usually had the system's replacement parts on hand, but Schindler is still learning the specifications of the CHR escalator and locating the right parts, Weber said. "It will take them a little while to get up to speed," he said. "Then the escalator shouldn't be down for prolonged periods anymore."



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